FRIDAY, OCTOBER 8, 2010



Construction Port's Main St. gets an overhaul

Open house Fire prevention week kicks off Page 8

Dedication Port High field named after late teacher

A dome? Options mulled for health and wellness centre; page 16



INPORTANEWS

SERVING PORT COLBORNE . WAINFLEET . SHERKSTON . LOWBANKS . ISSUE NO. 40 VOLUME 14

For news updated daily see www.inportnews.ca

CANCER WALK

Never give up hope

DAVE JOHNSON InPort Name Staff

PORT COLBORNE - Joan Koabel was 29 when she was first diagnosed with breast cancer, Nan Grondin was diagnosed in 1998 and Maria Neheli was diagnosed back in

see CANCER | A2



■ SURGERY: Port woman heading to Bulgaria for new procedure



symptoms. The Canadian Corps. on West St. held a fundraiser Saturday to help cover the expenses of her trip. With Lorna selling tickets for sausage on a bun at the Corps. is her friend of 40 years, Nancy Bertin.

Tackling

GEORGE DUMA For InPort News

PORT COLBORNE -Lorna Parton will be looking for a minor miracle when she goes to Bulgaria with her

sister next month. She wants to come home with some much-anticipated relief from her multiple sclerosis (MS) symptoms

Lorna is traveling to the European country to undergo what is still deemed to be a fairly new, if not radical, treatment discovered by Italian doctor Paolo Zamboni

Now in her mid-fifties. Lorna was diagnosed with the illness 10 years ago. "But the doctors said I probably had it much longer than that

see LORNA PARTON | A2





Vance is leading a team and together they are promoting economic revitalization

. The establishment of an "Economic Development Strategy' The establishment of a provincially

designated "Gateway Economic Centre" The establishment of a "Wind Energy

Manufacturing Cluster* The establishment of four "Community Improvement Plans" (Main Street, Downtown Central Business District. Brownfield & Waterfront)

Port Colborne Creating Wind Energy Glusto

Mayor Vance Badawey said, "we are moving eggressively forward on marketing the assets that make Port Colborne an obvious location for the manufacturing and transport of wind energy turbines and related components.

Nine-storay hotel planned for Port Colborne The hotel, which would include

a commercial-industrial plaza, is being brought forward by Tom Rankin of Rankin Construction Inc. He owns the lands at the corner of highways 140 and 3.

Community support has been overwhelming for MS sufferer

FROM PAGE AL

A few years after that, she was diagnosed with breast cancer, which she has successfully battled. She will be cancer-free for five years in February. But don't set up any pity

parties for this woman.

Spend some time with
Lorna and her husband Jim
and you'll quickly be exposed
to an upbeat attitude that's
inspiring.

The former health-care

worker at Northland Manor, who for the last seven years has worked at Whisky Run Golf Club as a starter, is surrounded by friends who won't allow her to wallow in self-pity. Not that she would anyway.

"I walk with a cane, I walk with a walker and Letill wolf-

what was with a catale, was with a walker and 1 still golf. I do fall down a lot, but I get back up and go's he laughs. "My friends just say, 'come on, you're slowing us down." According to Medicine. Net, "MS is a disease in which the nerves of the central nervous system (brain and spinal cord) degenerate. Myelin, which provides a covering or insulation for insulation for insulation for

Net, 'MS is a disease in which the nerves of the central nervous system (brain and the central nervous system (brain and the central nervous system) (brain and the central nervous systems of the central portions of the central portions of impulses along the nerves and also is important for maintaining the health of the nerves. In multiple sclerosts, inflammation causes of the nerves in multiple sclerosts, inflammation causes the nerves decelerate in the destrictal impulses that travel along the nerves decelerate ... (they)

become slower. In addition, the nerves themselves are damaged. As more and more nerves are affected, a person experiences a progressive interference with functions that are controlled by the nervous system such as vision, speech, walking, writing, and memory."

A professor of medicine at

Italy's University of Ferrara, Dr. Zamboni began his research in 1995 on a personal note — his wife had just been diagnosed with MS. According to an article

in The Globe and Mail last November, "Using thrasound to examine the vessels leading in and out of the brain, Dr. Zamboni made a startling find: In more than 50 per cent of people with multiple sclerosis, including his spouse, the veins draining blood from the brain were maiformed or blocked. In people without MS, they were not. "He hypothesized that iron

was damaging the blood vessels and allowing the heavy metal, along with other unwelcome cells, to cross the crucial brain-blood barrier. (The barrier keeps blood and crebrospinal fluid separate. In MS, immune cells cross the blood-brain barrier, where they destroy myelin, the crucial sheathing on nerves.)

"More striking still was that, when Dr. Zamboni performed a simple operation to unclog velns and get blood flowing normally again, many of the symptoms of MS disappeared. The procedure is similar to angioplasty, in which a catheter is threaded into the groin and up into the arteries, where a balloon is inflated to clear the blockages. His wife, who had the surgery three years ago, has not had an attack since."

The researcher's theory is simple, The Globe's article

explains.
"The underlying cause of MS is a condition he has dubbed 'chronic cerebrospinal venous insufficiency' if you tackle CCSVI by repairing the drainage problems from the brain, you can successfully treat, or better still

cessfully treat, or better still prevent, the disease."
It's this procedure Lorna is going to have done in Sofia, Bulgaria's capital. Canada

and the U.S. have not yet approved it. Lorna will travel to Sofia Nov. 16 with her sister Barbara Berrie and, follow-

ing a transfer in the UK, will arrive on the 17th. "I'll have it done the next day," she says. "I'll spend two days after that in the hospital and three days in the hotel.

and three days in the hotel. They don't want you flying right after because of the cabin pressure."
As you can imagine, the entire expedition is not cheap. In fact, it's expensive, to the tune of about \$15,000 when

everything is factored in.

To help Lorna meet those expenses, two fundraisers have already taken place—
a golf tournament at Whisky

Run a few weeks back and another concert fundraiser last Saturday at the Canadian Corps on West St., complete with door prizes, raffles and a 50/50 draw

She has been overwhelmed with the community support. She points to a table in ber living room with at least a dozen cards standing upright, cards sent directly to her home.

home.
"Each of those cards had
a cheque," she says, her eyes

moistened.

Lorna and Jim have two cbildren, Dylan, 38 and Kelly, 31. They also have three grandchildren, Raine, 8, Bryce, 6 and Quinn, 18

 Bryce, 6 and Quinn, 1 months, all Dylan's kids.
 If you're interested in help

ing, Jim and Lorna's address is:

115 Glenwood Ave.
Port Colborne
L3K 5M8
At the very least, if finances
are tight, send her a card of

support. I know how appreciated a show of support is in circumstances like this.

And once again, Port shows just what kind of an enormous heart it has God I.

love this town.
George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the fournalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at xduma@

CANCER

FROM PAGE A1 All three women are cancer

survivors and all three also have one more thing in common: they all take part in the annual Country Walk for Breast Cancer. Now in its 17th year, an annual walk started by Teresa

Pizzo and Bonnie Jackson, herself a two-time cancer survivor, will be held Sunday, Oct. 17, at Emerald Pines Golf Club, 1878 Sherk Rd., in Port Colborne. Koabel, who had a lumpec-

tomy at Toronto's Princess Margaret Hospital in 1972, has been taking part in the Country Walk since it started. "It's very important and brings awareness to the public,

and it's still in support of our local hospital, said Koabel. Funds raised by the walk are put into the Ramona Pizzo-Bonnie Jackson Breast Screening

Bonnie Jackson Breast Screening Centre, through Port Colborne General Hospital Foundation, at the hospital. Ramona Pizzo was a friend of Jackson's and Teresa Pizzo's mother. Ramona Pizzo died of cancer in the mid-90s.

Grondin, a former nurse, went to Buffalo's Roswell Park
Cancer Institute, to deal with her breast cancer.

All vivin "A up h

While she was a bit leery at first about attending the Country Walk, Grondin has been taking part in it now for the past 12 years. She said there is great support at the walk and she's seen the number of men taking part in it increase over the years. "I love the fact that people

"I love the fact that people wear the pink shirts honouring the people they are walking for." Grondin added that getting a hug and a kiss from Port Colborne firefighters in full dress uniform at the end of the walk is also very nice.

Nehell, who also had a lumpectomy, said the walk is very important to cancer survivors such as herself. There's a lot of support from other survivors and walkers, she said. This year's walk is more poignant for Neheli as she recently learned her cancer has come back. It's in her upper chest area, but her doctor has her on pills that keep her from having to have radiation or chemotherary.

"I've had body scans and blood work and everything looks OK," said Nebell, who also takes part in the annual Terry Fox Run in Port Colborne. All three women said the

POX Run in Port Colborne.

All three women said the walk is good for cancer survivors because everyone supports and encourages each other.

Grondin, who has friends

with her on the walk, said fellow walkers are always willing to share their stories or lend an ear to someone who may be going through treatments for cancer. "People will tell you their stories very quickly sometimes and others ask questions."

Koabel, who has her husband's friends walk with ber, said the walk gives people hope and the feeling they are not alone. All three said the key to sur-

viving cancer is early detection.
"A person should never give up hope," Neheli said.
The walk takes place Sunday, Oct. 17 and all three women are

encouraging cancer survivors, patients and anyone to join Registration begins at 9 a.m. and the walk gets underway around 10:30 a.m., after opening ceremonies.

The walk will head north on

The walk will head north on Sheric Rd to Second Concession, west on Second Concession to White Rd., south of White Rd. to Hwy. 3, then east on the north side of Hwy. 3, which as a large median, to Sherk Rd., then north on Sherk back to the golf club.

Pledge sheets are available at Bogglo Pharmacy in Port Colborne, 222 Catharine St., or by contacting Bonnie Jackson at 905-834-7554.

djohnson@wellandtribune.ca



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portraits

CONSTRUCTION: Road work in pictures

Rebuilding Port Colborne's Main Street





Allidome Construction Ltd. is undertaking a \$4.3-million Olde Humberstone Main St. streetscape/reconstruction project in Port Colborns. The work includes curb realignment on Main St. trom Ein St. to the Welshoft Coasal, including sciences like cours be steel light and traffic signal poles, construction of three municipal parking lots and full milling and going of the readway, in the tops of the readway, in the tops of the readway in the top of the readway in the tops of the readway in the top of the readway in the read







INPORTANEWS

Published by InPort News Osprev Media Publishing Inc. 228 East Main Street, Welland, Ontario, L3B 5P5 Tel: 905-732-2414 Fax: 905-732-3660 innort@wellandtribune.ca Ken Kovama, publisher, general manager Dave Johnson, Inport News senior reporter



Ourview

Innovative technology in use

A ainfleet has nine bridges of varying ages and condition scattered throughout the

At some point, all of them will need to be replaced to ensure residents can travel back and forth to their homes and farmers can use them to get to their fields. Replacing a bridge can be a time-consuming effort,

taking upwards of three months or more. That's three months with no access, meaning residents have to travel extra distances to get to where they need to go. An example of a bridge that has been out for months

is O'Reilly's Bridge, off Riverside Dr.

That bridge is a quick shortcut between Wainfleet. Pelham and Welland and has been out of service for quite some time now. (It is expected to re-open within the next month.) To avoid a lengthy construction waits. Wainfleet utilized the services of Guardian Bridge, out of Fergus, to replace two of its bridges -Buliung Rd. and Misener Rd.

Buliung Rd, was replaced last and Misener Rd., as of Tuesday, was being repayed and nearly ready to be

And crews only started working on Misener Rd. just

What makes the job so quick is that Guardian Bridge uses a fibreglass-wood composite deck, instead of a traditional concrete deck.

In the case of Misener Rd., two of the composite panels were used for the deck. Traditional steel beams and concrete abutments are still used in the construction of the bridge, but the panels make deck replacement quick. The deck weighs about 1/5 of what a normal bridge deck would and can still handle the weight load of the bridge it replaces.

The technology has been used to replace bridges in northern Ontario and other parts of the province. Wainfleet was the first municipality to use it in

The township should be congratulated for using Guardian Bridge to replace the two bridges that were most in need of repair. It made things easier for area residents, saved money and utilized innovative technology.

III I'VE BEEN THINKING

I've been thinking about forgiveness

GORD ABRAHAM Port Colborne Baptist

lcatraz prison, in San Francisco Harbour, is perched on a desolate island that is called, the Isle of the Pelicans in Spanish. During its tenure as a prison, from 1933 to 1963, there were 26 attempted escapes with only five prisoners succeeding. And of those five it is not known with certainty if they really did escape to freedom or if the swift cold currents took them under.

We all have prisons that hold us in bondage and from which there seems no escape. Prisons of habits, actions,

words, experiences, hurts, abuse. One prison that holds many of us is a prison of an unforgiving spirit. The greatest need in our world today is the need to forgive and free our generations from the prison of revenge. Most of the ongoing conflicts bearing the fruit of bitterness, revenge and even violence, are perpetuated because there is no breakthrough of forgiveness, Rather, there is an accumulation of hatred and acts of retaliation. Often without any sense to

what is being done. An unforgiving spirit is a prison with no bars, gates, locks, alarms, guns, guards, or security cameras. In spite of the fact that there are none of these external evidences of a prison the

bondage is very real. We may say, I cannot or will not forgive someone who has done something to me, I see that person before me through my day and the pain from the abuse, the words, the

hit, the mocking is so real that I still feel it. I want to see that person get their just dues. I wish real harm would come on them for the suffering they have caused me. They go on with their life as if nothing has been done and here I am agonizing in all this pain and turmoil and hatred. I will never

forgive them. My life is messed up. I wish they

were dead.

(Matthew18:21)

See the prison you are in? No bars, no guards but a prison no less. Jesus tells a story to his disciples in response to a question, how many times shall I forgive my brother who sins against me? Up to seven times?

The story brilliantly shows a man owing his master a huge debt (in actuality a debt that was too big to ever repay in a lifetime) begging, the master, for more time to repay, Jesus says that without any need to forgive, the master tells the debtor that all is

forgiven. Immediately the forgiven one goes out grabs another man who owes him a few dollars and chokes him. While ignoring the pleas for forgiveness he drags him off to prison.

When the master hears of this he is furious and calls in the forgiven debtor, accuses him of abusing his forgiveness and calls for him to be tortured until he should pay back all

Jesus, in concluding this story makes an interesting declaration. He says, This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.

(Matthew 18:35)

I believe Jesus is giving us insight as to how we will be tortured internally. emotionally and relationally until we choose to forgive. We will live in turmoil that we could be released from by forgiving the other person, even if they don't want it.

It may mean that we first have to come to God to receive his forgiveness. The scriptures tell us, if we confess our sins, He (God through Jesus) will forgive us of our sins and cleanse us of all unrighteousness. (1 John 1:9)

With God's forgiveness, we can then go out to others who have offended us and instead of wanting to choke them in retaliation, we can forgive them as we have been forgiven by God because of Jesus Christ

The greatest need in our world today is the need to forgive and to free our generations from the prison of

Try it. You will like it.

■readers'views

There are sufficient reasons for an NHS review Niagara Region council turned down

a motion for an investigation into the Niagara Health System (NHS) by a vote Below is a short, brief list of reasons

why an investigation of the NHS is . The Ontario Health Coalition beld

health hearings across Ontario in March and discovered Niagara had the worse access to hospital care, and recommended there be an investigation of the NHS under the Public Hospitals Seven municipalities in Niagara

voted to have an investigation of the NHS: St. Catharines, Niagara Falls, Thorold, Fort Erie, Port Colborne, Wainfleet and Welland: Average ER wait times for complex

cases in the province are 11.3 hours

at St. Catharines General Hospital they are 19.7, Greater Niagara General Hospital 16 and Welland County General Hospital 19.1 hours: · Niagara Emergency Medical

Services (EMS) recently reported offload delays are escalating dramatically in spite of numerous attempts by the NHS to mitigate this problem. The EMS report states the main problem has occurred since ERs have been converted in Port Colborne and Fort Erie

and there is a lack of beds: · Backlogs and long wait times in ERs are also creating problems for Niagara Regional Police: . The LHIN, the oversight agency for

the NHS, reported on June 15 the NHS performed poorly in these three areas: financial, clinical and quality, Because of poor performance the LHIN withdrew \$600,000 in funding:

 The Medical Staff Association of Niagara previously passed a non-con-

fidence vote of the NHS management. The Ontario Nurses Association has censured the NHS since 2003. If this isn't sufficient to convince you

an investigation is required, then how about the fact the provincial ombudsman discovered the LHIN public consultation process to approve the hospital improvement plan (HIP) was flawed and the NHS now acknowledges it did not have time for a proper public con-

sultation in preparing the HIP. These are some of the reasons why an impartial investigation (or review is necessary to assure all citizens of Niagara the hospital system will provide timely and equitable access to all Niagarans. We are supposed to be One

Let all Niagara's regional councillors show us this is true.

Pat Scholfield Port Colborne

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Tears shed for former Port High coach



MARYANNE FIRTH InPort News Staff

PORT COLBORNE . Tears were shed and fond memories celebrated as Port Colhorne High School hon-

oured its ultimate Blue Bear. Iamie Chase fought back his emotions and struggled briefly to get his words out as he explained just what it was about Chris Cairns that touched so many lives.

The 53-year-old husband and father of three was not only an amazing teacher and football coach, but "the best friend any high school student could have " Chase told a gymnasium filled with somber faces.

"His devotion to his family and students was evident to

everyone who knew him." said the former Blue Bear

"We all looked up to him." Cairns died in August after a three-year battle with cancer but his legacy at the school lives on in the newly dedi-

cated Chris Cairns Field It was on that very field that Cairns created a lasting bond with his athletes, who became

a tight-knit family, Chase said. He considered Cairns "like a second father," and is following in his footsteps as the

Blue Bears' new defensive "I can only hope to be half the man that he was," he told the crowd

Chase said Cairns "never got mad because we lost, only because we didn't give 100%. The beloved coach moti-

vated his team and "always believed in our abilities," he

Cairns taught the team that

whether they win or lose, if they give it their all, they're all

"We'll always remember him as the ultimate Blue Bear Chase said, adding Cairns will forever be in their hearts. Phys-ed teacher Christy Thorsteinson recalled how

difficult it was walking through the halls on the first day of school without her friend and colleague by her side Cairns was a strong man.

she said who had a love and passion for "teaching, coaching and life."

See CHRIS CAIRNS | A6

Former Blue Bear Jamie Chase reflects on the life of his role model and former coach Chris Cairns, who died in August after a three-year battle with cancer. A special ceremony was held Friday at Port Colborne High School to dedicate the school's field in Cairns' honour.





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■ CONTEST: City holding photo contest

Port High field renamed after Cairns

Thorsteinson encouraged students and staff at the school to learn from Cairns' "never-quit attitude," which he demonstrated by continually battling on the field while fighting his illness.

She challenged students to "demonstrate that strength" each time they set foot on Chris Cairns Field for a game. Led by the football team, students and staff then

headed outside to begin their annual Terry Fox Run, this year held in honour of Cairns and Port High student Neil Peppas, who lost his battle with cancer in May. They began with the

inaugural lap around Chris Caims Field, officially christening the space and solidifying Cairns' memory at the mfirth@wellandtribune.ca

InPort News Staff

PORT COLBORNE - Do you have the perfect fall

photograph? If you do, it could win ou a \$100 gift card to @27 Restaurant and be featured on the city's website and possibly other marketing

material. Capture the Fall is part of the city's 2010 photography contest series run by the economic development, tourism

Looking for fall photos

and marketing department. "The stage is set for a beautiful foliage season, as foresters are predicting an excellent fall season. Send us your images of autumn's richest golds, deepest ambers, and vibrant reds, Of course don't forget we would also like to see your best shot of glant

gourds, ghouls and ghosts,

hay mazes, and skeletons of

trees," said a release from the

The contest is open to Port Colborne residents and visitors of all ages and abilities. Submissions are being accepted until Dec. 1. Up to five photographs per person may be submitted. There is no entry fee, however images submitted must be high-res-

olution, digital format. Here are some tips: photos can be of any location in Port Colborne; set your camera on the highest size/resolution to

send the best quality photo: avoid sending blurry, unclear or small photos; people in photo must have consented to their picture being taken, or not be recognizable (i. e. in

the background). Contest rules and entry forms are at www.portcolborne.ca.For more information, call marketing and tourism co-ordinator Erin Pozzebon at 905-834-1668 ext. 233 or e-mail at erinpoz-

zebon@portcolborne.ca.

fire service. Call 905-835-

2291 for more information.

Knitting classes at the Wain-

fleet Township Public Library

ners can learn how to knit or

learn new skills. Rhoda Wills

weeks) Tuesday afternoons

ing Oct. 5. Cost is \$30. For

from 3:30 to 5:30 p.m. start-

will be offering 10 lessons (10

experienced knitters can

from 3:30 to 5:30 p.m. Begin-



NOTICE

THE CORPORATION OF THE CITY OF PORT COLBORNE THE PROPOSED STOPPING UP AND CLOSING OF THE HUMBERSTONE CRESCENT ROAD ALLOWANCE

NOTICE is hereby given pursuant to Section 34(1) of the Municipal Act, 2001, S.O., c,25, as amended, that the Council of the City of Port Colborne proposes to pass a By-law to Stop Up, and Close a municipal road allowance known as Humberstone Crescent.

Humberstone Crescent is located north of Stonebridge Drive in the Lovalist Industrial Park, on Part of Lots 29 and 30. Concession 3, former Township of Humberstone, now City of Port Colborne, Regional Municipality of Niagara and being Parts 1 and 2 on Plan 59R-14281.

A plan showing the lands affected, may be viewed in the Department of Planning & Development, 2nd Floor of City Hall, 66 Charlotte Street, Port Colbome, Ontario. Questions regarding the proposed closure can be referred to Dan Aquilina, Director of Planning & Development at 905-835-2900, ext. 203, or by email to danaquilina@portcolbome.ca.

On Monday, November 8, 2010 at 6:30 P.M. in the Council Chambers, City Hall, 66 Charlotte Street, the Council of the Corporation of the City of Port Colborne will hear in person or by counsel, solicitor or agent, or by written comment, any person who claims his/her land will be prejudicially affected by the said by-law and who applies to be heard.

Any person who wishes to provide written comment or be heard, should make application to: Ashley Grigg, City Clerk, 66 Charlotte Street, Port Colborne, ON L3K 3C8 or at 905-835-2900, ext. 106, or by email to ashleygrigg@portcolborne.ca.

Dated at Port Colborne this 27th day of September, 2010.

ALONG THE LAKESHORE

FRIDAY, OCT, 8

Red Cross Babysitter Course at the Wainfleet Township Public Library from 9 a.m. to 5 p.m. This fun, interactive course teaches youth ages 11-15 how to be prepared and responsive caregivers. Participants must bring a lunch and a doll or teddy bear to use as a baby during the practice session. Cost: \$50 per student. Please call 905-899-1277 for more information as space is limited and a minimum number of registrants is

required. Insufficient registration will result in cancellation of the session.

TUESDAY, OCT. 12 Port Colborne Historical Society will meet at 7 p.m. at Portal Village Retirement Home. Port Colborne Fire and Emergency Services Chief Tom Cartwright will

adults and children ages 9 and up. Needles and yarn for beginners will be provided at the first lesson. Please call 905-899-1277 for more information Create with Kathleen at the

Wainfleet Township Public Library. Adult art classes with Kathleen Thorsen of Stone House Art Gallery. Drop-in Tuesdays from 1 to 3 p.m. Cost is \$10 per class. All materials supplied.

speak on the history of the see LAKESHORE | A7 Now is the time for your fall landscaping

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ALONG THE LAKESHORE

FROM PAGE A6

For more information, contact Kathleen at 905-834-9784 or kathleen.thorsen@ cogeco.ca. THURS., OCT. 14 Preschool Story Time for

Ages 2 - 5 at the Wainfleet

Township Public Library, Asix-

week program of stories. songs, activities and crafts runs Thursdays from 10 to 10:45 a.m. No fee for the program but please call 905-899-1277 to pre-register your attendance, Each child must be accompanied by their parent/caregiver. This session's theme is Fantastic Fall @ your Library, the next session's theme is It's Getting Chilly @ your Library.

Philosopher's Café at the Wainfleet Township Public Library at 6:30 p.m. Drop by for a lively discussion. This month's topic of discussion is "Democracy". All welcome! No philosophy training required, real life experience desired

SATURDAY, OCT. 16 Port Colhome /Wainfloot Family Literacy Event from 10

Alphabet Soup!" Fun for families with children 8 years old and younger. A free event at the Centre for Community Living,

100 McRae Avenue, Port Colborne. Featuring children's entertainer Dan the Music Man.

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cold and flu season is coming. Soon enough we'll be surrounded by coughing, sneezing, sniffling and suffering. With the growing strength of viruses and infectious diseases, the potential for you to catch what's going around, is almost a given.

When you do get sick, about the only thing recommended nowadays is that you take medication and wait it out. Unfortunately, the use of antibiotics is not showing any promise in the battle against these deadly bugs. As with all infectious diseases, including the common cold (also known as the coranavirus), anyone with a weak immune system is more likely to get sick and stay sick longer.

Here's what you can do...

· Wash your hands. The likelihood of contracting or spreading disease is greatly reduced with good hygiene.

· Good nutrition supports a strong immune system. So you need to eat plenty of fresh fruits, vegetables, legumes, lentils, whole grains, nuts and seeds. They are rich in healthful antioxidants, phytochemicals and nutrients known to nourish the body and prevent disease.

· Take Anti-Viral Formula. It will supercharge your immune system to fight viral pathogens. Anti-Viral Formula from Natural Factors is a proven combination of powerful natural ingredients to help your immune system deliver a potent viralfighting punch. It has been clinically tested and proven to reduce the severity and duration of your nasty cold. And of course, to help you feel better.

For more info on the Anti-Viral Formula, visit Rosemary's Natural Choices

> 60 cans Sale ... \$ 18.55 Sale ends November 2nd

How about a FREE cup of coffee ? Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda and Tina have been keeping Wellanders healthy for over 17 years. Good health, natural remedies, great people and free coffee. It doesn't get any better than that!



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www.rosemarvsnaturalchoices.com Information is provided for reference only. For specific health issues consult your local natural health practitioner.

If you know a young person aged 6 to 17 who is involved in worthwhile community service; a special person who is contributing while living with a limitation; a youth who has performed an act of heroism; or a 'good kid' who shows a commitment to making

Thursday 14th 9am-9Pm

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life better for others, doing more than is normally expected of someone their age HELP US RECOGNIZE THEIR CONTRIBUTION - NOMINATE THEM TODAY! ONTARIO JUNIOR CITIZEN OF THE YEAR AWARDS Contact this newspaper or the

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BOOK SALE



Beth Jeffery and Georgia Smith are collecting books for the 40th annual University Women's Club at Welland Fairgrounds on Saturday, Oct. 16. from 9 a.m. to 3 p.m. Proceeds from the sale provide scholarships for area high school students. Donations of newer books, magazines, puzzles, games, CDs and DVDs are appreciated, Call 905-835-2291 for pickup.

Supplied photo



Five-year-old Jayden Grano mans a fire hose, with a little help from Port Colborne Fire and Emergency Services volunteer firefighter Matt Lannan during an open house at Port Colborne's fire hall on Saturday. The open house was the kickoff to Fire Prevention Week, which runs from Monday to Friday.





DAVE JOHNSON InPort Name Staf

PORT COLBORNE - An OPP rollover unit, Niagara Regional Police K9 unit, big red fire trucks, working a fire hose and Sparky the Fire Dog stood no chance against a last-minute addition to Port Colborne Fire and Emergency Services open house on last Saturday.

Capts. Joe Henry and Wayne Benner set up a zip line between two trees in front of the Killaly St. E. Fire Hall and it quickly drew the attention of children attending an event which was held to kick off Fire Prevention Week

which ended today The two firefighters set the line a little more than three metres high on

one tree and used another line to pull children up, before letting them slide down The children were in harnesses

and wore safety helmets as they went

down with huge smiles on their faces. The two firefighters, members of the department's technical rescue team, are considering doing a zip line for next year's open house, and making it a bit higher off the ground.

While the children were having fun outside, inside the hall Catherine Jenkins, executive adminstrative assistant to the fire chief, was using a "hazard house" - a house about the size of a doll house — to teach children about what kinds of hazards can be found in the home.

"It's a good learning tool," Capt. B

Preventing Fungal Infections for Denture Wearers

Contrary to popular belief, life with a denture is not life without dentistry. There are quite special oral health concerns for people who wear dentures, and Candida infection is one of them.

Candida is a yeast-like fungus present in the mouths of about 30% of adults, and in nearly half of all denture wearers. It doesn't cause much trouble when the denture fits well, mouth tissue is healthy, immune system intact and nutritional needs are satisfied. But an ill-fitting denture, or bad denture habits, can adversely affect both nutrition and oral tissues, and open the door to

Candida invasion. It happens fast. Candida can spread over a denture in just 30 minutes! Since Candida actually permeates the acrylic

liner of the denture, chronic infection can occur. The common result is denture stomatitis, that is red inflamed sores under the denture. Stomatitis will discourage from wearing the denture at all. How to resist infection? Keep your mouth tissues in top condition. Remove your dentures more often, especially

at night, Let's try to determine what elements of your diet might contribute to fungus growth. Best of all, have us evaluate your denture fit. In severe or chronic cases you may need to see your doctor. Of course, life with a denture can be full and vigorous. But remember, your oral health will always need

attention, denture or no denture.

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DAN GRABOWSKII

See OPEN HOUSE LAG

CELERY

RUTARAGAS

OPEN HOUSE



Grace Luey, 6, is all smiles as she rides down a zip line thrown

up by Port Colborne Fire and Emergency Services firefighters Saturday during an open house. The line was a last-minute addition to the many other displays that helped kick off Fire Prevention Week which runs from Monday to Friday.

Teaching fire safety

FROM PAGE AS

Teal said everything set up at the open house was to teach fire safety and safety in

general. The fire service was even selling carbon-monoxide detectors at about half price. While not mandatory to have in a home, Teal said the fire department strongly recommends the devices which detect the deadly gas.

Every house should have one of those. Carbon monoxide is known as the 'silent killer' *

Teal said any product of combustion will create the deadly gas, which can render a person unconscious, Carbon monoxide replaces oxygen in the blood and can kill a

The detectors, he said, should be placed outside sleeping areas so people can wake up in the event of a fire and a buildup of the gas.

in well with Fire Prevention Week's theme: Smoke Alarms - A Sound You Can Live.

Outside the fire hall, volunteer firefighters were helping children use a firehose to spin a target around and Niagara OPP officers, along with auxiliary officers, were showing people what happens in a rollover crash

A car mounted on a trailer was spun around at a speed which would translate into a rollover at 30 km/h. Inside the car were loose objects, such as a water bottles and a dummy which was not wearing a

Each time the car spun, the dummy was tossed around

and was ejected from a window almost every single time. OPP officers then asked children what was the first thing they should do when they got into a car. Almost every child responded with wear a seatbelt



DAVE JOHNSON Staff Photo Elizabeth Charette took a big swing to get a small weight to move up a pole at Port Colborne Fire and Emergency Services



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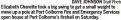
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Port Colborne High School held its annual Terry Fox Run Friday, this year honouring the school's football coach Chris Cairns and student Neil Peppas, who died earlier this year after battling cancer.

■ PARTNERSHIP: Foundation helps build parks

Two new playgrounds ready for children

InPort News Staff

Port Colborne - Two playgrounds were officially dedicated to all children last week by Mayor Vance Badawey thanks a partnership with the Kahane Foundation, established by the late Karl Kahane in 1991, and Jungbunzlauer

Descendants of Kahane include Jungbunzlauer's chairman of the board Alexander Kahane, vice-chair Marie Rose Kahane, and foundation trustee Patricla Kahane

Jungbunzlauer is one of the world's leading producers of natural and nature-identical biodegradable ingredients. The Swiss-based, international company's roots date back to 1867 and its Port Colborne facility opened in May 2002. Citric acid is the most widely used acidulant in beverages, candies, ice creams, bakery and other food as well as pharmaceutical products.

The Kahane Foundation was established in 1991 by the late Karl Kahane as an independent, privately-funded. non-political and non-religious charitable foundation The foundation is based in Celerina, Switzerland and has invested in projects which promote peace, health care, edu-

cation, and social welfare, replaces what once was a simple The new nautical-themed gwing out and clide



playground equipment behind Port Colborne Public Library Thursday afternoon.

DAVE JOHNSON Staff Photo Elaine Tully, playground designer from PlayPower LT Canada. Dawn Marie Donohue, a quality assurance technician from Jungbunzlauer, and Sharon Grant, Jungbunzlauer Canada's vice-president of finance and administration, stand on new

playground at Lock 8 Gateway Park has already been a hit with children; and the new playground in Library Park is a welcome improvement from the tiny pre-school structure

and swing set. Lock 8 Gateway Park, with its ship viewing platform surrounded by gorgeous gardens, is a popular park for local families and visitors to the city. The new full-scale play structure was one of last remaining playgrounds due for renewal in the city, and

A walkway to the playground from existing pathways will be added soon, making the playground fully-accessible. Other improvements to the park, also planned in the near future, include new steps at the fountain and a replacement

"On behalf of city council. and the citizens of our great city, I am grateful for the financial and civic support of the Kahane Foundation. Badawey said at the dedication ceremony, "Such support illustrates commitment to our community and investment in our future, by providing a safe, fun, play-based learning challenge for children."

The new playground installation in Library Park is an upgrade from the decadesold small structure. The playground offers a special area for children 18 months to five years old as well as an area for children five to 12.

The playgrounds were designed by Elaine Tully of Play Power, parent company of the popular Little Tykes

Badawey said the city is proud of staff from the parks department who worked diligently to prepare the site, install the equipment, and landscape the space.

"Like all projects in Port Colborne, this was a team effort, from conception to installation," We thank the Kahane Foundation and Jungbunzlauer Canada," Badawey said. "Thanks also to city staff who worked so diligently to create these wonderful spaces for children: Paul Peyton, parks superintendent and project manager, and Ron Hanson, director of engineering, and their teams. And thanks to Tim Sturman and his team at Glenmount Memorials, who designed the monument dedicating the park

to all children."

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Federal minister responds to Welland MPP Peter Kormos

InPort News Staff

WELLAND - The sea cadet corps program has many benefits - but only when it's accessible, says Welland MPP Peter Kormos

In July, Kormos sent a letter to the Minister of National Defence Peter MacKay, sharing his concerns over the amalas mation of Royal Canadian Sea Cadet Corps 141 Bellerophon in Welland and 78 Valiant in

received a reply -- though it wasn't quite what he'd hoped. In the letter, MacKay explains the process by which the amalgamation was decided. An assessment of corps throughout Central he wrote. Region were conducted. looking at factors such as cadet population, staffing

levels, community support,

On Sept. 24, Kormos competing youth organizations, sponsor support and projected community growth.

After the assessment was completed, it was decided 141 in Welland and 78 in Port Colborne should amalgamate,

Both corps have "been assessed as weak - an ongoing trend over the past few years," the letter read.

cant growth over the past year. and there is no realistic hope of growth in the future."

Instead of speaking about how the corps are suffering in size, Kormos said focus should be placed on "getting people down here to promote the corps and make them larger." With minimal entry fees and low equipment costs, the sea cadet program is ideal for all

"low or modest incomes," he eaid

Kormos said the program nurtures youth, promotes responsible behaviour, leadership and good citizenship. Young people go through tremendous transformations

in these amune

While the minister in his letter, refers to there being only 15 minutes of driving

those 15 minutes mean "most Welland youth won't have access, and won't participate,"

Kormos said "We've betrayed those young people," he added.

Kormos said he does not know what else can be done. as both he and Welland MP Malcolm Allen have appealed to the minister with their concerns on the issue.



PORT COLBORNE HIGH SCHOOL

National playwright visits Port High love it more if she tried. The goal

KATE LANDER For InPort News

COLBORNE - Playwright Lindsay Price spoke with drama students at Port High this past Monday about her play, Deck the Stage. The play has several comical scenes presented one after another to create a hilarious evening of Christmas spirit, and will be performed by the grade eleven and twelve students at

By meeting the playwright herself, students gained a better insight on the show and the characters themselves - they also had the opportunity to show her their interpretations, since she is planning on attending a performance the students will put on in December.

However, students at Port High also have many of Lindsay's expectations to live up to. Last year, she had over 400 productions of her play across Canada, the United States and U.K., Regardless, the actors and crew member couldn't bave been more excited to get started on their ideas

Lindsay has been very successful with Theatrefolk, the company she and actor. Craig Maison formed in 1994. She writes plays exclusively for student performers and couldn't

of starting the company was to show the integral role theatre arts play in a well-rounded education. The study of theatre develops communication skills team-building, self-confidence, critical thinking, and discipline. Lindsay's greatest passion is to provide these performers with all of these opportunities.

Lindsay is also a member of the Playwright's Guide of Canada, the Dramatist Guild of America, and Theatre Ontario, and is a frequent workshop presenter at festivals across Ontario and the United States. She has written many excellent scripts adapted for bigh school - the most exciting project to date being her publication of the a cappella musical, Shout, More of her shows include Stroke State, Tuna Fish Eulogy and Flaky Lips, which earned her the Gregory Millard Playwrighting Award from TADA! Youth Theatre, where it was chosen to be a part of the Best of 15 Years Staged

With personal advice from such a fantastic writer combined with the ideas from the creative minds from the high school. Deck the Stage" is bound to be a spectacular performance, coming to Port Colborne in December

Reading Series.

Honouring the Honour Roll

RACHEL ROY For InPort News

Students from Port Colborne High School were given the opportunity of a lifetime on Thursday during an Honour Roll night.

The special dinner and reward for achieving an 80% or above average on their report cards in 2009 was a speech by a former graduate of the high school, Margaret

Huber was a Canadian ambassador to Jordan and Iraq, and joined the Canadian Foreign Service in 1973 and has served abroad, on Canada's behalf, in Washington and many other

Students in grades 9 to 12 were invited to participate in this event to be congratulated on their bard work and success throughout their year. Port High also let new Grade 9 students, who were previously in Grade 8, be awarded as well. There were approximately 100 honour roll students honoured











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inPorthriefs

COLLECTION UNSAFE

WAINFLEET - Garbage collectors from Modern Corp. won't be picking up trash from hoth sides of the highway anymore in Wainfleet, Mayor Barb Henderson said recently. The issue came to township

a couple of aldermen said they were being told by residents that the garbage collectors were doing both sides of Hwy. 3 at once, Residents felt the

nractice was unsafe Henderson raised the issue with waste management staff to its staff. the issue very seriously and were prohibited from sides of any road at once for

*Modern sent a memo out She said the company took the memo said its employees collecting garbage on both



Cleaning up Riverside Dr.

DAVE IOHNSON InPort News Staff

WAINFLEET - Despite the fact Welland city councillors and municipal staff outnumbered their Wainfleet counterparts. Last weekend's cleanup of Riverside Dr. from Welland's border to O'Reilly's Bridge in Wainfleet wasn't about politics, said the chairman of Welland River

Keepers Tony Whelan said the event has always been about cleaning up all manner of refuse along that stretch of road.

"Back in 2006, then-Wainchallenges," said Goulbourne, fleet mayor Gord Harry, who who agreed to participate in was quite the conservationist. the the cleanun. decided to challenge Welland to a cleanup of the road," the Niagara Peninsula Conservation Authority's Whelan recalled. Riverside Dr. runs from

Welland through to Wainfleet along the Welland River and have a really big impact," said the road, between Welland and Goulbourne, who had help O'Reilly's Bridge, was adopted from councillors Paul Grenier. by Welland River Keepers lim Larouche and Barry Sharpe under Niagara Region's Adoptas well as some city hall staff. A-Road program. "At a recent council meet-

along aldermen Ron Kramer ing (Welland Mayor Damian) and Ted Hessels and town-Goulbourne said they should ships treasurer Robyn Madere. re-challenge Wainfleet," agreed with Goulbourne. Whelan said. Goulbourne said it was

actually Wainfloot Mayor Barb

"She always beats me at

Both mayors are on

"This little project can

Henderson, who brought

"We're here to clean up the

Henderson who "called me

DAVE IOHNSON Staff Photo Township of Wainfleet treasurer Robyn Madere, left, gets another garbage bag ready as Wainfleet Ald. Ted Hessels, right, nuts an item in Dehhie LaFontaine's bag along Riverside Dr. in Wainfleet Saturday morning.

ness," Henderson said. She eald the attent was also to encourage people not to litter on the roads.

Whelan said during the first cleanup, 40 bags of garbage were nicked up. And that, he added, was just from the side of the road. It didn't include the banks of the river.

"I've picked up dirty diapers. blankets and even a \$5 bill Whelan said when a cleanup of the actual river in that area was undertaken. such things as air conditioners and tires - lots of tires

were pulled out. "Who do people expect to clean up after them?" he said Saturday morning just before the clean up got underway.

djohnson@wellandtribune.ca

environment and draw aware-

board of directors.

■ HEALTH CARE: Funds raised go to NHS programs

Goal set for health-care campaign

InPort News Staff

WELLAND - A \$7-million goal to assist health-care services has been set in south But to reach that mark,

the Niagara Health System Foundation and local hospital foundations are relying on the public. Community members gathered last week for a presentation on the NHS

Foundation's It's Our Time campaign Co-ordinated by Welland-Pelham and Port Colborne-Wainfleet chambers of commerce, the meeting included

representatives from Welland, Port Colborne and Douglas Memorial hospital foundations. Rob Neill, Welland chair of

the south Niagara campaign cabinet, said Niagara has a higher rate of medical issues.

such as heart disease and cancer, than in other Ontario communities Many Niagara residents

dealing with disease are forced to seek treatment outside of the region, because the needed care simply isn't

Niagara campaign director and executive director of the Welland Hospital Foundation, said there's 'a lot of miscommunication" in the community about just what it is that local hospital foundations do. The foundations are independent non-profit organizations "separate and dis-

Hospitals care for patients, while hospital foundations "raise money to ensure they can do so," she said.

Local hospital foundations are responsible for 100% of the cost of medical equipment, 50% of the cost of major renovations and 30% of

the cost of new construction This year, Welland's list for urgently-needed equipment sits at about \$8 million, Port Colborne's at \$752,000, and Douglas Memorial's at

available locally, he said. Neill said new programs that "don't exist in Niagara tinct from the Niagara Health today" will be available once the new St. Catharines hospital opens its doors in 2013 To assist those new programs and existing facilities, a \$40-million goal has been set for the It's Our Time campaign. Of that goal, \$7 million is expected to come from south Niagara. Neill said people can help with the campaign by "spread-ing the word," volunteering on a campaign or hospital foundation committee or board, or by making a donation. Heather Scott couth \$943,000, Scott said.



NHS fight isn't over

MARYANNE FIRTH InPort News

PORT COLBORNE - Port Colborne's fight for accessible health-care services is far from

Mayor Vance Badawey asked for and received city council's support to bring forward a motion at regional council regarding an investigation into Niagara Health System's hospital improvement plan.

This comes after a majority of regional councillors recently rejected a call from the Ontario Health Coalition for a probe into the NHS

The motion that was passed at the region "is one that is condescending and an insult to all those who have worked extremely hard to bring forward tangible solutions for equal access to health care for all Niagara residents," Badawey bies

"It calls for the status quo and exhibits absolutely no leadership with respect to looking out for the best interests of all Niagara's residents Badawey said the decision "exhibited the lack of involvement and therefore knowledge" of the challenges Niagara

is facing with health care. At the next regional council meeting, on Oct. 14. Badawey plans to introduce a motion requesting a thirdparty evaluation of the NHS hospital improvement plan's

performance. The evaluation, to be done before any further changes are implemented, would pertain to the conversion of Port Colborne and Fort Erie emergency departments to urgent care centres, and look at the impacts the conversion has had across Niagara, Badawey

The motion also requests that a funding model be established to recognize emergency physicians at Port Colborne hospital, and that NHS begin adding ancillary services as per a blueprint introduced by

Badawey said the intent of the motion "is to be specific in terms of what we as a city and region expect in terms of a nerformance review.

Saracino said is disappointed with a lack of support for the lakeside city. With the emergency departments remaining open in the larger municipalities, they don't share the same concerns as the smaller municipalities regarding health-care services he said. "There's going to come a day

when you folks call on us," he Regional Coun. Bob said, adding Port Colborne will be there to show its support. Saracino said he plans to address regional councillors who voted against the coali-

tion's request. "We're going to fight this," he said. "We'll deal with this resolution and eventually we will win."

Badawey challenged elected officials who voted against the motion to "stand in front of their community" and say the HIP basn't been a detriment to health services in their

community. "I challenge officials to stand up with confidence and say the HIP is not affecting their community when we know it is."









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■inPortbriefs

SEEKING INDUT WAINFLEET - Bridges

Community Health Centre, in partnership with Wainfleet Christ Church Anglican, is hosting a series of four Community Open Houses to gain input and ideas from Wainfleet residents on potential health promotion programs and services that could

be delivered in their community. This series of consultations will provide us with a way of prioritizing Wainfleet's health promotion interests and needs in order to better support the health of the community". says Lori Kleinsmith, a health promoter with Bridges.

The last two sessions will he held Tuesday, Oct. 19, 2 p.m. to 3 p.m. and 7 p.m. to 8 p.m. at Wainfleet Christ Church Anglican located on Church St. just off Hwv 3. If you need a ride, please call Mike at 905-899-1689 at least 24 hours in advance. For more information, please contact Lori at 289-479-5017 ext 2445 or lori.kleinsmith@bridgeschc.ca

IIII CONTEST

Kids invited to help design a Christmas card

InPort News Staff

PORT COLBORNE - Even though it's autumn and Halloween is just around the corner, planning for

Christmas is underway. Mayor Vance Badawey is inviting the children of our community to belp design the city's 2010 Christmas card.

The theme is A Port Colborne Christmas and the mayor is seeking an image that conveys the Christmas spirit with special focus on a Port Colborne person, place

Submissions may be painted with fingers or brushes, or drawn with pencils, crayons, pastels, or markers on a standard sheet

of paper, 8 1/2" X 11" in verti cal or horizontal format. The contest is open to all children who live or go to school in Port Colborne; up to and including those in

Grade 8. Time is of the essence. To be chosen and reproduced for printing in time for the holiday season, all submissions must be received at the Mayor's Office in city hall, 66

Charlotte St. by Friday, Oct. 29 at 4:30 p.m. Please include the child's name, address and telephone number on the back of the

artwork. For further information please contact Gail Todd at 905-835-2901 ext 301 or gailtodd@portcolborne.ca

■ HEALTH AND WELLNESS CENTRE: Investigation into option continues

A giant dome for Port Colborne?

MARYANNE FIRTH InPort News Staff

PORT COLBORNE - City council is continuing investigation into monolithic dome technology for its proposed health and wellness centre.

Port Colborne resident John Mitchell, who initially suggested the city

look into the unconventional approach. was back in council

chambers recently in hopes of providing further informa

tion on why a dome structure would be a good choice for One of the biggest benefits, he said, is the overall cost savings on construction of

the centre itself. Mitchell said architects with Great Lakes Dome Co. are "confident" Port Colborne's facility can be constructed with a price tag of about \$27 million for a full build. This is in comparison to full-build tenders council recently rejected that ranged from just more than \$32 mil-

lion to just more than \$36 million

For the base model — two arenas and a pool, minus additional components such as the indoor walking track. bocce courts, therapeutic pool and field house -- it would cost an estimated \$24 million to \$25 million for a dome.

He said

"Fifty

savings can

Mitchell said. the monolithic dome is also designed for energy efficiency. per cent in energy

Butters

be easily achieved," he said of Port Colborne's proposed facility.
These "significant energy savings" can be used to help keep user fees low, he added. Ward 3 Coun. Gary Bruno questioned when company

representatives would be able to come to council to present their product to the centre's advisory committee and project architects. "We've got to move this

forward," he said. Bruno also questioned wbether company representatives would be able to address any issues regarding domes and the Ontario

Building Code. Mitchell said representatives are eager to make a presentation, which would address any issues regarding codes. Ward 4 Coun, Barbara Butters, who initialized the

investigation into dome technologyafter Mitchell's first preat a Sept. 7 council meet ing, asked whether

DiBartolomeo city staff were work ing to make the presentation happen.

Chief administrative officer Bob Heil said he's been corresponding with Mitchell in hopes of making the meeting happen sooner than later

Ward 2 Coun. Frank DiBartolomeo thanked Mitchell for his presentation and said it was refreshing to see "we may have another alternative in moving forward with this project."

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Notices



LA VILLE DE PORT COLBORNE ÉLECTIONS MUNICIPALES 2006 AVIS DE VOTE ET DE VOTE PAR ANTICIPATION PORT COLBORNE Loi de 1996 sur les élections municipales (par. 40)

Un avis est ici présénte aux électeurs, électrices municipaux (conseils scolaires fenicophone seulement) de le ville de Port Colborne qu'une élection sere tenue dens le Ville de Port Colborne pour élire une personne au bureau suivant:

Membre du conseil scolaire de district catholique centre-sud (un représentant à élire par les électeurs qui ont les qualifications requises pour voter pour les membres du conseil scolaire public de langue française des municipalités de Port Colbome, Fort Érie, Pelham, Walnifiest et Welland)

Acciemetions d'éclerées eux fonctions de

Membre - du conseil scolaire de district du centre-sud-ouest - Ronald A. Marion Les hursours de unte dokent être ouverte ours dates our hourse et ous emplorement mentionnées ci-desenus

VOTE PAR ANTICIPATIONS: Detes: semedi le 16 octobre 2010 et mercredi le 20 octobre 2010 Emplacement: les bureaux municipaux, 66 rue Charlotte, Port Colborne

Les électeurs, électrices ayant besoin d'assistance spéciale sont encouragé(e)s à voter par anticipation à l'endroit et aux dates ci-dessus.

JOUR DU SCRUTIN; Deta/hauras: lundi le 25 octobre 2010, 10h00 - 20h00

Des cartes d'ivrés aux électaum, électrices seront envoyrées à toutes personnes sur la liste électroles indiquent le poste de vertienne , et is, elles évennt voter. Cette anter d'evis électroses, électrices doit être presentée au bureau du scrutin atin de faciller la votation. Si vous étes unel électres, électrice ou à le circlit de voter et vous n'avez pas recuelle une carte ou vous avez besoin de plus de renseignements, veuillez teléphoner au bureau greffier (905) 835-2900 ou consultez www.portcolborne.com.

DEMANDE À L'ÉGARD DE NOMINATION DE MANDITAIRE:
Toute personne syant les qualifications d'électeur peut normer une autre personne ayant les qualifications d'électeur peut normer une autre personne ayant les qualifications dens le même municipaité pour voter à se place. Pour plus de reresdignements et la formule "nomination d'un mandaisire" veullez prendre contact vauc le bureau du greffer à (1965) 683-590 ou à 6 êt us Charlotte, Port Dobres. Une personne nommée pour voter per procuration, doit feire demende eu greffier event 17h00, lundi le 25 octobre 2010 pour recevoir du certificat de vote par procuration.

Ashley Grigg, greffler

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Notices

THE CITY OF PORT COLBORNE
MUNICIPAL ELECTIONS 2010
NOTICE OF VOTE, ADVANCE VOTING and VOTING BY PROXY
Municipal Elections Act, 1986 (s. 40)

NOTICE is hereby given to the municipal electors of the City of Port Colborne that voting will be held upon the dates and at the times and places stated in this notice for the purpose of electing persons to the following offices:

Mount (one to be elected at large by all electors)

Councillor Word One (two to be elected) Councillor Ward Two (two to be elected

Councillor Ward Three (two to be elected Councillor Ward Four (two to be elected)

Regional Councillor (one to be elected at large by all electors)

Trustee - District School Board of Niegere (one to be elected at large by the English Language Public School electors of the municipatities of the City of Port Colborne, the Town of Fort Erle and the Township of Walinteet).

Trustee - Niegara Catholic District School Board (one to be elected at large by the English Language Separate School elections of the municipatities of the City of Port Corbone, the Town of Fort Erie and the Township of Weintleet) Membre du Conseil Scolaire de District Catholique Centre-Sud (one to be elected at large

by the French Languege Seperate School electors of the municipalities of Port Colbome
Walland Fort Frie Palhom and Weinfleeth

Acclamations have been declared for the following offices:

Membre - du Conseil Scolaire de District du Centre-Sud-Ouest (French Language Public School Board) - Ronald A. Marion

ADVANCE POLLS: DATES: Saturday, October 16, 2010 and Wednesday, October 20, 2010 LOCATION: Municipal Offices, 68 Charlotte Street, Port Colborne TIME: 10:00 e.m. to 8:00 p.m.

Those electors requiring special assistance are encouraged to vote at an Advance Poll.

REGULAR POLLS: DATF/TIME: Monday. October 25, 2010, 10:00 a.m. to 8:00 p.m.

Yoter Notification Carde are being earn to all persons on the Yoters' List in late September to mid-October Indicating the politing pleas where they may vote. It will scalable voting a electors present their card at the Pol. If you ere en eligible voter but do not receive a card or you need more information, please contact the Click's CHibe at 958-35-2900 or visit.

the City's website at www.portcolbome.ca.

PROXY APPLICATIONS: Any qualified elector may appoint another person who is a qualified elector in the same Any qualified elector may appoint another person who is a qualified elector in the same municipality to evice on his/her betail. For more informétion end the form "Appointment for Proxy Voting" please contact the Office of the CIpt Clerk, Municipal Offices, 66 Charichte Street, Port Coltonor er 980-585-2900. A person nominised as a voting proxy must make application to the clerk for a certificate to vote by proxy before SOO p.m. on October 25, 2010.

Ashley Grigg, City Clerk & Returning Officer

Documents related to the 2010 Municipal Election, including this notice, are available in an alternative format upon request.

BIRTHDAY: Port woman to celebrate 100th birthday later this month

Brandy and milk, twice a day

ST. CATHARINES - Pauline Wilson has sworn by one tonic through her happy

healthy life as she approaches her 100th birthday - and this potion isn't hard to "Brandy and milk, twice a day, I brought some with me today. I was afraid

vou might give me some wine - I'd die." Wilson said at a birthday party held last Friday inside the Sears store at Pen Centre in St. Catharines. "Well, I smoke and I drink, and my doctor says there's not a damn thing wrong with me," Wilson added with a cheeky smile. *

She was holding court at her beloved Elizabeth Arden counter in a celebration coinciding with Arden's 100th anniversary. "Pauline has loved and used our

products for a long, long time," Cathleen Clowes, the manager at the Eve Arden counter at Sears in the Sears store, said. "She comes here for makeovers ... and she really looks fabulous."

Wilson, who lives on her own in an apartment in Port Colborne, actually turns 100 on Oct. 22. She was born and raised in North Bay to a railroad conductor father

"I remember my mother saying, 'I didn't spoil you, I cherished you," said Wilson, who bears a slight resemblance to the 88-year-old actress Betty White. Wilson took an early passion for art and became renowned for her ceramics and

paper tole work. In her early career, she was an English and French teacher for junior grades in North Bay and then Welland.

She moved to Niagara when she was 21, and married husband John in 1938. Her

husband died in 2000. From the 1940s until her retirement she taught lunior and senior art classes in Welland.

For years, Wilson taught art to teachers at summer schools throughout Ontario. She's had enduring associations with roups that include the Imperial Order Daughters of the Empire and Port

Colborne Golf and Country Club. Starting the first French- Canadian company of the Girl Guides of Canada in southern Ontario in 1937 is something she's especially proud of. Friend and helper Heather McCrory is

amazed by Wilson's relentless energy. "She's fantastic, lively, vibrant. There's never a dull moment with her, really," she





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